IN THE CLAIMS

1. (Currently amended) A one trip method of tensioning and sealing a tubular string to a wellhead, comprising:

running the tubular string and a seal assembly together into the wellhead;

securing the string downhole;

securing the seal assembly in the wellhead; and

applying and retaining a tensile force on the string after securing the seal assembly to the wellhead and after securing the string downhole~~, all in one trip~~.

2. Cancelled

3. (Previously presented) A one trip method of tensioning and sealing a tubular string to a wellhead, comprising:

running the tubular string and a seal assembly together into the wellhead;

securing the string downhole;

positioning the seal assembly in contact with the wellhead; and

pulling a tensile force on the string, all in one trip;

allowing a lock ring to move between said seal assembly and the wellhead to secure said seal assembly in the wellhead prior to said pulling.

4. (Previously presented) A one trip method of tensioning and sealing a tubular string to a wellhead, comprising:

running the tubular string and a seal assembly together into the wellhead;

securing the string downhole;

positioning the seal assembly in contact with the wellhead; and

pulling a tensile force on the string, all in one trip;

allowing a lock ring to move between said seal assembly and the wellhead to secure said seal assembly in the wellhead;

using a running tool to deliver said string and seal assembly;

releasing said lock ring using said running tool.

5. (Original) The method of claim **4**, comprising:

retaining said string with the running tool after releasing said lock ring.

6. (Original) The method of claim **5**, comprising:

releasing the lock ring by rotation of the running tool.

7. (Original) The method of claim **4**, comprising:

using the running tool to pull tension on said string;

locking in the tension with a ratchet.

8. (Previously presented) A one trip method of tensioning and sealing a tubular string to a wellhead, comprising:

running the tubular string and a seal assembly together into the wellhead;

securing the string downhole;

positioning the seal assembly in contact with the wellhead; and

pulling a tensile force on the string, all in one trip;

allowing a lock ring to move between said seal assembly and the wellhead to secure said seal assembly in the wellhead;

using a running tool to deliver said string and seal assembly;

releasing said lock ring using said running tool;

using the running tool to pull tension on said string;

locking in the tension with a ratchet;

providing a biased dog in a groove on said string having at least one exterior tooth;

securing a ratchet rack to said seal assembly;

moving said dog with respect to said rack while tension is applied; and

allowing said dog to retain said tension when said tooth jumps into an adjacent depression in said rack.

9. (Original) The method of claim **8**, comprising:

building in said bias integrally into said dog.

10. (Currently amended) A one trip method of tensioning and sealing a tubular string to a wellhead, comprising:

running the tubular string and a seal assembly together into the wellhead;

securing the string downhole;

pulling a tensile force on the string~~, all in one trip~~;

pulling said tensile force on said string before positioning said seal assembly in the wellhead;

advancing said seal assembly relative to said string and into said wellhead after said pulling of said tensile force.

11. (Cancelled)

12. (Previously presented) A one trip method of tensioning and sealing a tubular string to a wellhead, comprising:

running the tubular string and a seal assembly together into the wellhead;

securing the string downhole;

pulling a tensile force on the string, all in one trip;

pulling said tensile force on said string before positioning said seal assembly in the wellhead;

advancing said seal assembly into said wellhead during or after said pulling of said tensile force;

using a mechanical force applied to said seal assembly for said advancing.

13. (Original) The method of claim **10**, comprising:

using a running tool to insert said string and said seal assembly into the wellhead:

advancing said seal assembly by moving it into the wellhead with respect to said running tool.

14. (Previously amended) A one trip method of tensioning and sealing a tubular string to a wellhead, comprising:

running the tubular string and a seal assembly together into the wellhead;

securing the string downhole;

pulling a tensile force on the string, all in one trip;

pulling said tensile force on said string before positioning said seal assembly in the wellhead;

advancing said seal assembly into said wellhead during or after said pulling of said tensile force;

using a running tool to insert said string and said seal assembly into the wellhead:

advancing said seal assembly by moving it into the wellhead with respect to said running tool;

releasing a lock, after said advancing, to secure said seal assembly to the wellhead with said running tool.

15. (Original) The method of claim **1**, comprising:

securing said seal assembly to a hanger; and

securing the hanger and seal assembly to the wellhead.

16. (Original) The method of claim **10**, comprising:

securing said seal assembly to a hanger; and

securing the hanger and seal assembly to the wellhead.

17. (Original) The method of claim **14**, comprising:

securing said seal assembly to a hanger; and

securing the hanger and seal assembly to the wellhead.

18. (Previously presented) A one trip method of tensioning and sealing a tubular string to a wellhead, comprising:

running the tubular string and a seal assembly together into the wellhead;

securing the string downhole;

pulling a tensile force on the string, all in one trip;

pulling said tensile force on said string before positioning said seal assembly in the wellhead;

advancing said seal assembly into said wellhead during or after said pulling of said tensile force;

using a running tool to insert said string and said seal assembly into the wellhead:

advancing said seal assembly by moving it into the wellhead with respect to said running tool;

releasing a lock, after said advancing, to secure said seal assembly to the wellhead with said running tool;

securing said seal assembly to a hanger; and

securing the hanger and seal assembly to the wellhead;

providing a biased dog in a groove on said string having at least one exterior tooth;

securing a ratchet rack to said hanger;

moving said dog with respect to said rack while tension is applied; and

allowing said dog to retain said tension when said tooth jumps into an adjacent depression in said rack.

19. (Previously presented) The method of claim **18**, comprising:

providing a seal between said string and said rack during relative movement between them.

20. (Original) The method of claim **8**, comprising:

providing a seal between said string and said rack during relative movement between them.

21. (Currently amended) ~~The method of claim 10, comprising:~~

A one trip method of tensioning and sealing a tubular string to a wellhead, comprising:

running the tubular string and a seal assembly together into the wellhead;

securing the string downhole;

pulling a tensile force on the string, all in one trip;

pulling said tensile force on said string before positioning said seal assembly in the wellhead;

advancing said seal assembly into said wellhead after said pulling of said tensile force;

using a hydraulic piston to advance said seal assembly.

22. (Currently amended) A method of tensioning and sealing a tubular string to a wellhead, comprising:

advancing a tubing string and a seal assembly into the wellhead concurrently;

securing the seal assembly with respect to the wellhead; and

applying tension to the tubing string after said securing ~~while maintaining the position~~ of the seal assembly with respect to the wellhead.